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Find a Provider

Providers

PROVIDERS JOIN HERE
([HTTPS://WELLCONNECTEDTWINCITIES.COM/JOIN-WELL-CONNECTED-TWIN-CITIES-DIRECTORY/](https://wellconnectedtwincities.com/join-well-connected-twin-cities-directory/))

LOGIN

Discover what's possible with whole-person and integrative

Find a Health Provider



(<https://wellconnectedtwincities.com/directory/natural-smiles-dental-care/>)

Natural Smiles Dental Care (<https://wellconnectedtwincities.com/directory/natural-smiles-dental-care/>)

A one-of-a-kind Integrative Dental Office and Wellness Center. Our four, highly trained dentists offer a myriad of Holistic Dental Services.



(<https://wellconnectedtwincities.com/directory/lactationlynn/>)

Lactationlynn (<https://wellconnectedtwincities.com/directory/lactationlynn/>)

Lactationlynn is a Holistic RN, lactation consultant, and postpartum doula. Serving a 20 mile radius around Woodbury, MN.



(<https://wellconnectedtwincities.com/directory/blooma-minneapolis/>)

Blooma (<https://wellconnectedtwincities.com/directory/blooma-minneapolis/>)

Blooma is a prenatal yoga studio that also offers fitness classes, doula support, massage, energy healing, and workshops. Minneapolis, MN



(<https://wellconnectedtwincities.com/directory/health-centered-dentistry/>)

Health Centered Dentistry (<https://wellconnectedtwincities.com/directory/health-centered-dentistry/>)

Functional and holistic. Health Centered Dentistry is committed to improving the health, education and whole body dental care of our patients. We do this by having

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Featured Podcasts

[BROWSE ALL \(HTTPS://WELLCONNECTEDTWINCITIES.COM/PODCAST-DIRECTORY/\)](https://wellconnectedtwincities.com/podcast-directory/)



Ep 148 The Spiritual & Psychological Benefits of Sauna & Thermic Bathing with John Pederson

Conversation with John Pederson about the physical, spiritual, and psychological benefits of sauna and thermic bathing.

LISTEN NOW
([HTTPS://WELLCONNECTEDTWINCITIES.COM/PODCASTS/EP-148-THE-SPIRITUAL-AMP-PSYCHOLOGICAL-BENEFITS-OF-SAUNA-AMP-THERMIC-BATHING-WITH-JOHN-PEDERSON/](https://wellconnectedtwincities.com/podcasts/ep-148-the-spiritual-amp-psychological-benefits-of-sauna-amp-thermic-bathing-with-john-pederson/))

Ep 147 Hormone Replacement Therapy with Dr. Cassie Wilder

Conversation with Dr. Cassie Wilder regarding hormone replacement therapy for women going through menopause and its emerging research.

LISTEN NOW
([HTTPS://WELLCONNECTEDTWINCITIES.COM/PODCASTS/EP-147-HORMONE-REPLACEMENT-THERAPY-WITH-DR-CASSIE-WILDER/](https://wellconnectedtwincities.com/podcasts/ep-147-hormone-replacement-therapy-with-dr-cassie-wilder/))

Ep 146 Lymphatic Drainage Massage for Detox with Macy Grishaw

Conversation with Macy Grishaw about the benefits of achieving natural detox through Brazilian lymphatic drainage massages.

LISTEN NOW
([HTTPS://WELLCONNECTEDTWINCITIES.COM/PODCASTS/EP-146-LYMPHATIC-DRAINAGE-MASSAGE-FOR-DETOX-WITH-MACY-GRISHAW/](https://wellconnectedtwincities.com/podcasts/ep-146-lymphatic-drainage-massage-for-detox-with-macy-grishaw/))

Holistic Health Articles

[BROWSE ALL \(/BLOG/\)](#)

FUNCTIONAL MEDICINE VS NATUROPATHIC DOCTORS: SIMILARITIES AND DIFFERENCES

Both functional medicine doctors and naturopathic doctors adopt a holistic patient-centered approach to healthcare, focusing on preventive medicine and natural therapies. They aim to treat the root causes of illness,...

[READ MORE
\(HTTPS://WELLCONNECTEDTWINCITIES.COM/FUNCTIONAL-MEDICINE-VS-NATUROPATHIC-DOCTORS-SIMILARITIES-AND-DIFFERENCES/\)](https://wellconnectedtwincities.com/functional-medicine-vs-naturopathic-doctors-similarities-and-differences/)

10 COMMON TYPES OF INTEGRATIVE HEALTHCARE PROVIDERS IN THE TWIN CITIES

In the Twin Cities, integrative healthcare providers are increasingly preferred for their personalized care blending conventional and alternative therapies. This holistic approach treats the whole person, considering mental and physical...

[READ MORE
\(HTTPS://WELLCONNECTEDTWINCITIES.COM/10-COMMON-TYPES-OF-INTEGRATIVE-HEALTHCARE-PROVIDERS-IN-THE-TWIN-CITIES/\)](https://wellconnectedtwincities.com/10-common-types-of-integrative-healthcare-providers-in-the-twin-cities/)

ADVOCATING FOR INTEGRATIVE HEALTHCARE

Well Connected Twin Cities is changing the way the public discovers what's possible with a holistic and integrative approach to health. A newborn cries with discomfort from a fresh patch...

[READ MORE
\(HTTPS://WELLCONNECTEDTWINCITIES.COM/ADVOCATING-FOR-INTEGRATIVE-HEALTHCARE/\)](https://wellconnectedtwincities.com/advocating-for-integrative-healthcare/)

Get to know local wellness practitioners through our
podcast, blog, and on-demand classes.

Upcoming Events From Our Pros

[BROWSE ALL \(HTTPS://WELLCONNECTEDTWINCITIES.COM/EVENTS/\)](https://wellconnectedtwincities.com/events/)

03 DECEMBER

7:00 pm - 8:30 pm

📍 Constellation Acupuncture & Healing Arts

(<https://wellconnectedtwincities.com/events/breathwork-writing-workshop/>)

Breathwork + Writing Workshop (<https://wellconnectedtwincities.com/events/breathwork-writing-workshop/>)

2112 Broadway St NE #250, Minneapolis, MN 55413



[VIEW DETAIL \(HTTPS://WELLCONNECTEDTWINCITIES.COM/EVENTS/BREATHWORK-WRITING-WORKSHOP/\)](https://wellconnectedtwincities.com/events/breathwork-writing-workshop/)

17 DECEMBER

7:00 pm - 8:30 pm

📍 Constellation Acupuncture & Healing Arts

(<https://wellconnectedtwincities.com/events/breathwork-writing-workshop/>)

Breathwork + Writing Workshop (<https://wellconnectedtwincities.com/events/breathwork-writing-workshop/>)

2112 Broadway St NE #250, Minneapolis, MN 55413



[VIEW DETAIL \(HTTPS://WELLCONNECTEDTWINCITIES.COM/EVENTS/BREATHWORK-WRITING-WORKSHOP/\)](https://wellconnectedtwincities.com/events/breathwork-writing-workshop/)

31 DECEMBER

7:00 pm - 8:30 pm

📍 Constellation Acupuncture & Healing Arts

(<https://wellconnectedtwincities.com/events/breathwork-writing-workshop/>)

Breathwork + Writing Workshop (<https://wellconnectedtwincities.com/events/breathwork-writing-workshop/>)

2112 Broadway St NE #250, Minneapolis, MN 55413



[VIEW DETAIL \(HTTPS://WELLCONNECTEDTWINCITIES.COM/EVENTS/BREATHWORK-WRITING-WORKSHOP/\)](https://wellconnectedtwincities.com/events/breathwork-writing-workshop/)

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Featured Classes

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YOGA

HEALTH

Yoga Nidra Home Practice

The Science of Stress

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INSTRUCTOR

Tacy Nielson
Yoga Instructor

ENROLL

INSTRUCTOR

Dr. Cassie Wilder
Registered Naturopathic Medical Doctor

ENROLL



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Local Guides

LOCAL PROVIDERS PEOPLE ARE TALKING ABOUT, STRAIGHT TO YOUR INBOX. LET US CONNECT YOU!

Social Media Happenings

[BROWSE ALL \(HTTPS://WWW.INSTAGRAM.COM/WELLCONNECTEDTWINCITIES/\)](https://www.instagram.com/wellconnectedtwincities/)

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Are You a Provider?

Help patients find you.

BECOME A MEMBER

Let's Keep in Touch!

We connect you with the local providers
people are raving about, and more!

SIGN UP FOR THE NEWSLETTER
([HTTPS://API.LEADCONNECTORHQ.COM/WIDGET/FORM/EAKB9F7KJ3MLZEFNEKLW](https://api.leadconnectorhq.com/widget/form/eakb9f7kj3mlzefneklw))

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(<https://wellconnectedtwincities.com>)

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